



Italian Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



100 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 6 garlic cloves chopped
- ☐ 1 cup olive oil
- ☐ 2 teaspoons pepper
- ☐ 0.3 cup red wine vinegar
- ☐ 3 shallots peeled chopped
- ☐ 1 tablespoon soya sauce

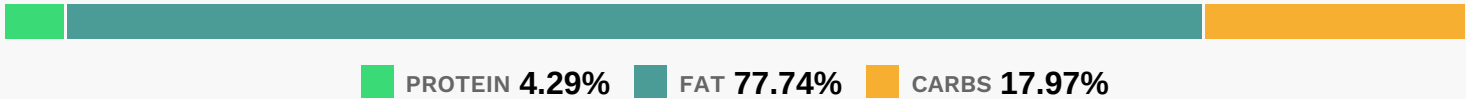
Equipment

☐ grill

Directions

- ☐ Combine all ingredients. Use to marinate poultry, beef, or lamb.
- ☐ Place 1 (2-pound) flank steak and Italian Marinade in a large freezer bag. Seal; chill 2 hours. (Or freeze up to 6 months; thaw before grilling.) Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F) for 10 to 15 minutes on each side or to desired degree of doneness.
- ☐ Cut into thin slices, and serve immediately.
- ☐ Note: Other steak cuts may be used; grilling times will vary.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:1.07, Inflammation Score:-2, Nutrition Score:2.5986956422744%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 99.5kcal (4.98%), Fat: 8.73g (13.42%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.7g (1.34%), Sugar: 1.28g (1.43%), Cholesterol: 0mg (0%), Sodium: 204.9mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Manganese: 0.23mg (11.67%), Vitamin E: 1.26mg (8.41%), Vitamin K: 6.69µg (6.37%), Vitamin B6: 0.11mg (5.36%), Fiber: 0.84g (3.37%), Vitamin C: 2.47mg (2.99%), Iron: 0.53mg (2.96%), Potassium: 90.22mg (2.58%), Phosphorus: 21.67mg (2.17%), Copper: 0.04mg (2.09%), Magnesium: 7.7mg (1.92%), Calcium: 18.4mg (1.84%), Folate: 6.43µg (1.61%), Vitamin B1: 0.02mg (1.29%), Selenium: 0.76µg (1.08%), Vitamin B3: 0.21mg (1.05%)